



JERSEY BASKETBALL LEAGUE

2021-2022 BASKETBALL SEASON RULES

The JBL will follow NJSIAA High School rules for both **BOYS & GIRLS**.
All Grades/Levels will play 4 - 8-minute quarter games with normal stop clock.

Exceptions to NJSIAA Rules

4th Grade, all levels and 5th Grade Silver & Bronze Divisions - No Zone Defenses in the first half.

Teams also cannot blatantly double team and trap the ball. If players help & they are temporally in a double team, they must play one man only as soon as possible. Players can help and recover from the weak side; however, coaches must avoid keeping their better/bigger defensive players in the lane at all times. Player can help but must recover to their man.

Active zone defenses will be allowed, in the 2nd half, as it teaches both the defensive and offensive players movement with and without the ball. A "packed paint" zone defense is not allowed at any time in a half court situation.

- Defenses can only pick up their man, after they cross mid-court completely. The defense cannot stand at the division line to prevent them access to the front court. The ball & the ball handler must have front court status before they can be defended.
- Once the defensive team gains possession of the ball either by a rebound, steal or turnover in what is now their backcourt (and was the offensive team's frontcourt); the team that was formerly on offense must get back on defense and can only defend in what is now the frontcourt for the offensive team. They may pick-up and defend immediately after crossing the mid-court line.
- Should a player gain possession in the backcourt and the other team steals the ball back, the official must stop the game. The team with possession in the backcourt will get the ball on the side. A warning is given to the team and coach. We would encourage the coach to remind his players of the rule. Should a team continue to interfere with backcourt possessions, the official could award a two shot technical foul on the coach. We do not want to get into this situation but will use the technical for teams and coaches who continue to defend in the backcourt.

The objective of this is to give the young player opportunities to learn man to man defense, the basis for all other defenses. It also helps negate size issues and opens the game up to all players. Packing in the paint teaches nothing.

1st offense - A warning is given to the team and coach. We would encourage the coach to remind his players of both rules.

2nd or future offenses - the official will award a two shot technical foul on the coach. Please do not forget that 2 technical fouls disqualify the coach and earns a one game suspension.

3-point shots in 4th grade division are allowed.

FOUL SHOTS

4th ALL Divisions Boys & Girls – there is No violation if they step over the line on free throws. They must start behind the line.

*It is a violation if the free throw shooter steps over the line and gets a rebound on the missed free throw unless the ball is first touched by another player.

5th, 6th, 7th & 8th ALL Divisions Boys & Girls – It is a Violation if they step over the line on a free throw.

Exception - *5th grade girls - feet can go over the line as long as its not an intentional jump to gain distance or advantage.

PRESSING

4th Grade - ALL Divisions Boys & Girls can only press in the last 2 minutes of the 4th Quarter.

5th Grade - Gold Division Boys are allowed to press the entire game. Gold division Girls are allowed to press the 4th Quarter.

Girls & Boys Silver & Bronze Divisions can only press in the last 4 minutes of the 4th Quarter.

6th Grade - Gold Division Boys are allowed to press the entire game. Gold division Girls are allowed to press the 2nd Half.

Girls & Boys Silver & Bronze Divisions can only press in the 4th quarter.

7th- Gold Division Boys & Girls are allowed to press the entire game.

Girls & Boys Silver & Bronze Divisions can only press in the 2nd Half.

8th Grade - All Divisions Boys & Girls are allowed to press the entire game.

- Illegal Backcourt Defense: in no press situations, teams can be assessed a technical if ball/players are defended in the back court.
- Defenses can only pick up their man, after they cross mid-court completely. The defense cannot stand at the division line prevent them access to the front court. The ball & the ball handler must have front court status before they can be defended.
- *No pressing or trapping by a team if they are leading by 20 or more points OR If they are down by 20 **EXCEPT PLAYOFFS**
- *No fast breaking by a team if they are leading by 20 or more points – It will be a violation & that team will lose possession at the spot where they started the fast break. **EXCEPT PLAYOFFS**

SUBSTITUTIONS

4th & 5th Grade - ALL Divisions Boys & Girls: Mandatory substitution in both the 1st & 2nd quarters. See Mandatory Substitution Rules
6th-8th Grade - All Divisions Boys & Girls: Free substitution entire game

MANDATORY SUBSTITUTIONS - 4th and 5th Grades

To assure all players are being used during the game, the rules will be as follows:

5 players play the first four minutes of the quarter.

The officials will stop the game at the 4-minute mark of that quarter (as game flow dictates). Teams are then required to substitute 5 new players.

The substitutes must be ready to enter when summoned by the officials. This is not a time out.

If the players are not ready to enter, the officials will assess a delay of game warning and at any subsequent delay of games will be assessed a technical foul.

Player's that play the first 4 minutes of the 1st quarter, can NOT play in the second 4 minutes of the 1st quarter, but they can play in the first or second four minutes of the 2nd quarter. Similarly, player's that play in the 2nd 4 minutes of the 1st quarter can play in the 1st or 2nd four minutes of the 2nd quarter.

If a team has more than 10 players – The additional players can be substituted during the first 4-minute interval or second 4-minute interval of each quarter, but the substitutes can only play in one 4-minute interval per quarter.

If a player is injured or picks up a 3rd foul in the 1st or 2nd quarter, the coach shall be allowed to substitute with a player who has not played in the quarter or only played 2 minutes or less in that quarter.

If a team has less than 10 players – No subs in the first half of the quarter unless a player is injured or picks up a 3rd foul in the 1st or 2nd quarter.

The Coach with less than 10 players will choose which player(s) that will not be allowed to play in the second 4-minute interval of the quarter.

This is done to avoid the conflicts that arise from the opposing coach singling out a single player.

This choice may remain constant, or it can be changed each quarter. No player can play more than 2 consecutive 4 min intervals in the 1st half.

The player(s) chosen must be inserted during the next 4-minute interval of the quarter.

***Common courtesy and sportsmanship dictate that everyone plays evenly in the 1st half and a team does not leave its top players in during the 2nd 4-minute interval when you have less than 10 players.**

MINIMUM PLAYER RULES

It is recommended that all 4th - 5th grade teams have a min of 10 players on their roster.

However, games may be played in which one or both teams have less than 10 players.

If a team has less than 7 players at the gym the game must be played, but it is recorded as a forfeit.

Any game with less than 8 players – the game will be played under Free Substitution Rules

6th - 8th grades – 5 players are needed to start a game (since there is free substitution, there is no player minimum to start and play games)

UNIFORMS: at least a T-Shirt (matching all players) with numbers

***Recommended w/ proper basketball numbers on front & back. (Legal Numbers start or end with 0-5)**

If undershirts are worn, they must match predominant color of the jersey, or the offending player(s) may not be permitted to enter the game until they are properly dressed.

OVERTIME PERIODS

Regular Season - 1 three-minute period, followed by 1 one minute, then tie.

One time out per team in the 1st overtime that can be carried to the 2nd if not used.

Playoffs - 3 min overtimes until winner. One time out per team per overtime period. No carry over.

GRADE & AGE REQUIREMENTS

Players on the 8th grade team must be in the 8th grade or below.

Players on the 7th grade team must be in the 7th grade or below.

Players on the 6th grade team must be in the 6th grade or below.

Players on the 5th grade team must be in the 5th grade or below.

Players on the 4th grade team must be in the 4th grade or below.

***If a player is questioned as to his/her grade. The team must provide proof of grade (i.e., report card)**

PLAYOFF SEEDING

- Up to 16 qualified teams per division make the playoffs. In divisions with more than 16 teams, the 17th+ seeds will play a one game consolation “Bonus” matchup vs. the next closest seed.
- Teams will be moved up a division if they have a significant winning record/dominant play in a lower division.
- No teams will be moved down a division.

TIE BREAKERS

- ❖ Total Points (3 points for a win, 2 for a tie, and 1 for a loss) – This system encourages playing all games.
- ❖ Total Wins
- ❖ Head-to-Head
- ❖ Points Allowed

In case of a 3 way or greater tie

- ❖ Wins among the tied teams vs each other.
- ❖ Head-to-Head
- ❖ Points Allowed

- In cases where a team has not played its 16-game schedule, a team may be dropped in the seedings, receiving loses, so their inability to reschedule their games is not an advantage.
- Teams with 2 forfeits will be ineligible for the playoff tournament.
- Teams with less than 14 games played will be ineligible for the playoff tournament, unless the JB allows, due to extenuating circumstances.
- If a team designated to move up refuses to do so, they will not be eligible for the playoff tournament.
- All teams moving up or down will get the equivalent of the 9 seed in a 16-team division or 5 seed in an 8-team division.

BASKETBALL SIZING - All game balls must be leather or synthetic leather.

Girls All Divisions and Boys 4th Grade – 6th Grade (28.5)

Boys ALL 7th & 8th Grade Divisions use standard NJSIAA regulation ball.

TEAM ELIGIBILITY – All Exceptions must be pre-approved by JBL.

Teams must be comprised of players from only one town and players must be town residents or go to school in the town.

For religious teams, the players must be members of that church/synagogue and are not eligible to play for their own town team or any additional organization, if applicable.

Teams that are feeding into the same regional high school would be able to enter a combined team. Both towns' recreation directors would have to approve this arrangement the JBL.

Placement of the team will be at the discretion of the JBL.

AAU or Teams created that bypass town programs are ineligible to play in the JBL without the Advisory Boards approval.

ROSTERS

Rosters with player's name, address, grade, school, date of birth, & Emails must be submitted to the JBL prior to the 1st game of the season.

Rosters are limited to 15 players.

Exceptions for adding a player who moved into your town during the season when the roster is full or to replace an injured player will be considered on an individual basis by the JBL.

- Players cannot play for more than 1 town or organization.
- Players can only be on 1 Roster per grade. Exception – Silver or Bronze Division players can be moved up to play up, to fill a short roster or be rotated to gain experience at the higher level with league approval.
- Players can be additionally rostered on higher grade teams, as long it is for the same town/organization.
- Players may play for more than one team from the same town or organization during the playoffs under the following conditions: If a higher-grade team has 6 or fewer eligible players for the playoffs, they may add up to 3 players from a lower grade team from that same town or organization. Players added must have been on the roster of a lower grade team from that town or organization from the start of the season.
- If a player is eligible to participate in your town's Recreational Leagues, it does not mean they are eligible to play in the JBL.
- Any team that is found to have an illegal player on their team, whether or not they were placed on the submitted roster, that team will immediately be removed from the league (once verified). All past and future games will be recorded as forfeits.

If a player does not live in your town or go to school in your town, they are not eligible to play in your town, unless Regional HS or religious organization rules apply and are approved by JBL.

*Any exceptions to the above needs approval by the JBL. Do not assume it is ok, if that player was on your team last season.

CODE OF CONDUCT VIOLATIONS (Posted on JBL website)

Ejections from games - Game Officials will report all ejections to the JBL immediately after the game.

1st Offense – If any individual player, coach, timekeeper, scorer, or spectator is ejected from a game, that person will not be allowed to attend or participate in the next game.

2nd Offense – That person(s) will be suspended for the next 5 games.

3rd Offense – Results in that person(s) suspension from the League indefinitely.

- **Head Coaches responsible for spectators if there is no site manager.**
- **Referees have the authority to forfeit the game if Spectators are unruly & Coaches do not control.**

All ejections will be reviewed by the JBL. Depending on the severity, additional games may be added.

GAME CANCELLATION POLICY (please see game cancellation policy, for a full version)

Forfeit system to insure all/most games are played or not cancelled at last minute.

Do not accept a game change from your opponent without league approval

4/1, 4/2, 5/1, 5/2 system of recording games to be scheduled. All games need to be rescheduled or forfeits can be issued to the offending party.

- 4/1 – Could not schedule. Both teams need to find a mutually actable date. Games must be scheduled by Jan 1st.
- 4/2 – Game cancelled due to weather.
- 5/1 – Home team had approved cancelled game.
- 5/2 – Visiting team had approved cancelled game.

Once the schedule is published, and the grace period has passed, any changes other than weather or school closings will need to be approved by both the town's travel director and the JBL.

Opposing coaches are not to be called to change games until directed to by the JBL.

Unless a change is approved, if a team cannot play at the scheduled time, the result will be a forfeit. - If an approved change is made, if an immediate reschedule date/time is not agreed upon, the game date will be moved to 5/1 or 5/2.

All games must be rescheduled within 2 weeks of the approved cancellation.

If a game is scheduled for 4/1, and it is not rescheduled, both teams can receive a Forfeit.

If 5/1, the home team will, and 5/2, the visiting team will.

- If a team immediately alerts the JBL that their opponent is not accepting any reasonable dates/times to reschedule, then the JBL can assign the forfeit to that team who is not cooperating.
- Any unapproved cancellation (48 hours or less) or No Show, the Cancelling Team must pay the JBL \$120 to reimburse 2 Referees (penalty fees) and will receive a forfeit
- Any team with less than 14 games played or has unpaid fees, will be ineligible for the playoffs, unless the JBL reviews and allows, due to extenuating circumstances.

POSTPONEMENTS

ALL TEAMS SHOULD CONTACT THE JBL WITH ANY GYM ISSUES

Teams should refrain from postponing games on the schedule for other than weather related reasons or school closings.

Postponed games need to be rescheduled within 2 weeks of the postponement. If the home team cannot secure gym time, the game should be played at the opposite site. A 4/2 date and PPD will be entered for a game cancelled to school closing due to weather.

Games not played are subject to forfeiture after a review by the JBL.

OFFICIAL FEES

Each team is to pay 1 official a \$60 game fee prior to the start of the game. If only one official is present, they will collect both fees.

Failure to pay an official will result in a forfeit with associate fines.

REPORTING OF GAME RESULTS

JBL officials will enter the game scores.

Coaches are to contact the JBL within 48 hours of the game to report any discrepancies or a score not entered.

After 48 hours, all scores are final.